



West Valley City Fitness and Recreation Center News



Host Your Next Birthday Party at the Family Fitness Center

Let the staff of the West Valley City Family Fitness Center take the stress out of planning your next birthday party. With three packages to choose from, there's no better way to celebrate!

Three options to choose from, starting at \$70 for ten kids and two adults. Family Fitness Center members receive a \$10 discount on all party packages. Additional guests may attend for \$4 each. Additional pizzas, drinks, and cakes may be purchased.

Reservations must be made one week prior to event.

Madden NFL 09 Video Game League

The West Valley City Family Fitness Center and Game Crazy are excited to host the Madden NFL 09 Video Game League Single Day Tournaments.

Youth Tournaments:

(Ages 12 to 16)
\$5 per person; \$7.50 per team (2 players)

Tournament Dates:
November 15, January 3,
February 14, March 14

Adult Tournaments:

(Ages 17 and up)
\$10 per person; \$15 per team (2 players)

Tournament Dates:
January 17, February 28, March 28

Registration Deadline is 2 days prior to date of tournament.

For more information or to register your band, call Kevin at 955-4012 or visit the Family Fitness Center.

Tae Kwon Do

(For ages 8 & older)

Tae Kwon Do classes offer a fun fitness program for the entire family. Classes are taught by four Black Belt instructors.

Tuesdays and Thursdays

New/Beginner:
7 - 7:45 pm

Intermediate/Advanced:
7:45 - 8:30 pm

Members, \$25; non-members,
\$35 (monthly)

West Valley Dance Force



The Family Fitness Center offers all formats of dance, including ballet, hip-hop, jazz, cheer, tap, and more! Adult classes are also available.

Sessions begin January 5, 2009.

For more information, call
955-4030.

Swimming Lessons

Parent/Infant Classes:

Four 30-minute lessons
Members, \$15; non-members, \$21

Private Lessons:

30-minute lesson - \$15

Semi Private Lessons

(up to 3 people):
30-minute lesson - \$20

For more information about
aquatics programs, call
955-4001.

After-School and Day Camps for Kids

Field Trips! *Face Painting!* Western Day! *Games!* Sports!
Friends! Safari Day! *Dancing!* Roller Skating! Ice Skating!

After School Camp (K-6)

After school camps include sports, games, swimming, rock climbing, study time, and more! Transportation is available from Valley Crest, Monroe, Whittier, and Wright Elementary schools (children from any school may attend, however transportation will not be provided).

\$25 – one week; \$7 – one day

Kidz Kamp

Ages 5 - 11

Camps include sports, crafts, swimming, ice skating/roller skating, rock climbing, and field trips. Lunch and snacks are provided.

Monday – Friday
7 a.m. - 6 p.m.

\$20 per day; \$90 per week (additional children, \$80)

Kindergarten Kamp (Ages 5 - 6)

Mon.-Fri. 7 am – 12 noon for Afternoon Kindergarteners
Mon.-Fri. 11:30 am – 6 pm for Morning Kindergarteners

Registration includes lunch & snacks, Kidz Yoga, swimming lessons, rock climbing, field trips, silly games and much more.

\$45 per week or \$10 per day per child (No Refunds)

**We provide transportation to & from Valley Crest ONLY*

Registration for all camps are due by Wednesday at 1 pm the week prior to the beginning of camp. No late registrations or date changes accepted.



Free Junior High School Program

The Family Fitness Center is now accepting registrations for the Junior High School program.

Registration includes all activities (swimming, leadership, field trips, golf training, and more!).

Call 955-4000 for more information or to register.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

